

**If you are being bullied:**



Don't let the bully see that you are upset or crying.



Don't get angry with the bully and hurt them.

**You can try and stop the bully by:**



Looking the bully in the eyes and telling them to go away or don't speak to the bully and walk away.

**Tell someone you trust.**



Remember it is not your fault that you are being bullied.

**Beyond  
Bullying**



[www.beyondbullying.com](http://www.beyondbullying.com)



0116 3055100

**What should I do if I see someone else being bullied?**

- Don't walk away and ignore the bullying
- Let the bully know what is happening
- Tell the bully to S.T.O.P. if it is safe to do so
- Don't stay silent or the bullying will keep happening
- Tell an adult what happened

**Stokes Wood Aims:**

- We will all work together to S.T.O.P. bullying.
- We want our schools to make everyone feel safe and happy.
- Bullying can make people feel frightened and unhappy.
- To deal with bullying, we will help everyone:
  - Get on well together
  - Respect and understand each other
  - Believe that everyone has the right to be who they are



**Anti-Bullying  
Advice**



**Stokes Wood  
Primary School**

where there are NO OUTSIDERS

Telephone: 0116 2875305

**If you see someone  
getting bullied report it  
to an adult!**

## What is bullying?

In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



### Bullying can be:

#### Emotional



Hurting people's feelings, leaving you out, being bossed about

#### Physical



Punching, kicking, spitting, hitting, pushing.

#### Verbal



Being teased, called names, hand signs

#### Cyber



Using technology/the internet to upset someone else

#### Sexual



Rude comments, touching you when you don't like it

Bullying can also be through a third person!

People can be bullied for a number of reasons, including their race, religion, culture, disability, home circumstances, appearance, sexuality or gender identity.

## When is it bullying?

**S** EVERAL

**T** IMES

**O** N

**P** URPOSE



Bullying is where someone hurts or frightens you on **purpose**. Bullying is when it happens **more than once**.

At Stokes Wood we:

- Take bullying seriously
- Find a way to make it STOP

**Everyone** should feel happy and safe in school there are **'No Outsiders Here.'**

## Who can I tell?

Do not try to deal with problems on your own.

There is always someone who can help.

A **helping hand** is when you think of 5 people who you would tell if you are being bullied.



Who is on your helping hand? Can you think of 5 people you can tell?



**Do not** blame yourself. It is **not** your fault that you are being bullied.